

## CARE ABOUT YOURSELF . . .

Say "NO" to smokeless tobacco. It's not always easy to say "NO," but only you can choose to do what's best for you. When someone pressures you to use tobacco, say "NO" and WALK AWAY - or CHANGE THE SUBJECT - or EXPLAIN YOUR REASONS for not using tobacco.

It takes courage, but you have a right to say "NO". You don't have to use tobacco just because a friend wants you to use it. A real friend wouldn't ask you to do something that's bad for you. Remember, A PINCH IS NOT SAFER THAN A PUFF.

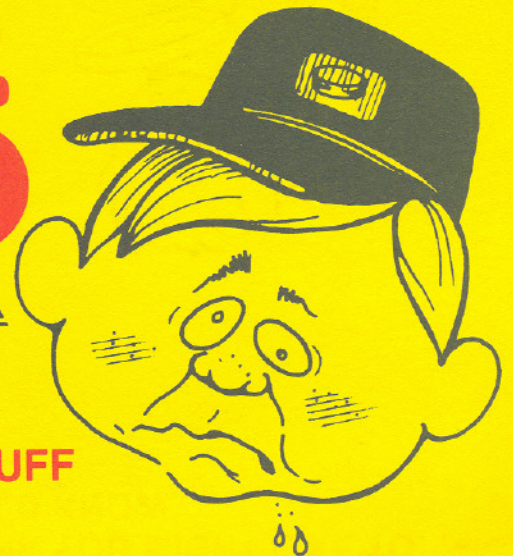
## SAY 'NO' TO TOBACCO -- IN ANY FORM!

Costs associated with this publication are available from the Idaho Department of Health and Welfare.  
IDHW-5,000-11009-3/95. Cost per unit is \$.10.

Dental Health Program  
Division of Health  
Idaho Department of Health and Welfare  
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(208) 334-5966

FOR MORE INFORMATION, CONTACT:

# SMOKELESS TOBACCO



A PINCH IS NOT SAFER THAN A PUFF

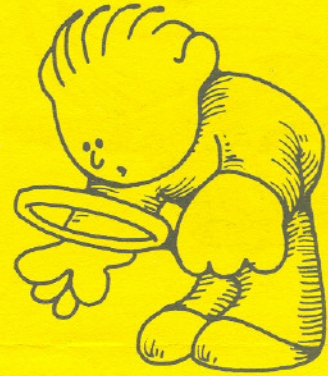


IF YOU USE SMOKELESS TOBACCO, OR THINK YOU MIGHT LIKE TO,  
THERE'S SOMETHING YOU SHOULD KNOW . . .

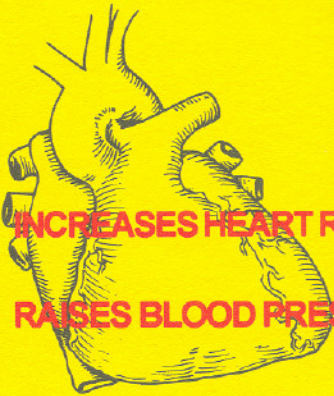


**TOBACCO IS UNHEALTHFUL,**  
whether it's smoked  
or chewed.

**BAD BREATH**  
Stained teeth  
Gum problems  
Worn teeth



**ADDICTIVE**  
Once you have a  
tobacco habit, it's  
hard to quit.



**INCREASES HEART RATE**  
**RAISES BLOOD PRESSURE**



**WARNING LABEL**  
Required by federal law since  
February, 1987.



**CARCINOGENIC**  
Smokeless tobacco  
causes cancer, too.

**POISONOUS**  
Nicotine & other chemicals in  
tobacco are poisons to the body.  
First-time users feel stinging in  
the mouth, nausea and dizziness.

**A 'GROSS' HABIT**  
Users are constantly  
spitting.



**ILLEGAL**  
to use under age 18.

**SO WHY USE IT?**

